



Queso Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon salsa
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.8 cup cup heavy whipping cream sour

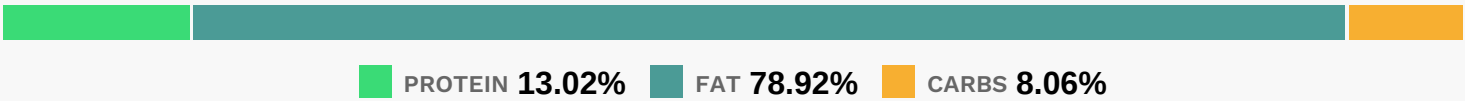
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, melt the butter. Thoroughly stir in the cornstarch. Stir in the sour cream. When the mixture becomes hot and bubbly, mix in Cheddar cheese and salsa. Continue stirring until cheese has melted and mixture begins to thicken, about 10 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.568695642378%

Nutrients (% of daily need)

Calories: 117.26kcal (5.86%), Fat: 10.41g (16.01%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.35g (0.85%), Sugar: 0.86g (0.95%), Cholesterol: 30.61mg (10.2%), Sodium: 123.52mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Calcium: 122.64mg (12.26%), Phosphorus: 82.27mg (8.23%), Selenium: 4.86µg (6.94%), Vitamin A: 329.2IU (6.58%), Vitamin B2: 0.1mg (5.87%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.2µg (3.3%), Vitamin E: 0.25mg (1.69%), Magnesium: 6.34mg (1.58%), Vitamin B5: 0.14mg (1.37%), Potassium: 43.44mg (1.24%), Vitamin B6: 0.02mg (1.11%), Folate: 4.39µg (1.1%)